UBOM MODULE — CDN-01

🧠 Cognitive Dissonance Neutralization

Tier: Core Cognitive Layer

Format: Hybrid-icon, low-literacy, zero-text compatible

Purpose: Reduce internal conflict, increase clarity, prevent manipulation, strengthen cooperation

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1. HEADER BLOCK

🔷 Primary Icon: Two mismatched shapes → merging into one stable pattern

⭕ Secondary Icon: Calm mind / clarity symbol (circle with soft rays)

🧠 Tier Marker: Cognitive Tier (CT)

👄 Module Code: CDN-01

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2. PURPOSE

⚡ Conflict Inside → brain with two opposing arrows

🌫️ Confusion → cloud over head

🔄 Update Pattern → tool upgrading a shape

🌱 Calm Clarity → stable, simple pattern

🛡️ Protection → shield (anti-manipulation)

Meaning: Helps people recognize internal tension, stay calm, and update patterns safely.

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3. WHY IT HAPPENS

🧍🛡️ Identity Protection → shield around self-icon

🔒🔁 Familiar Patterns → lock + repeating shape

⚠️➗ Contradiction Feels Dangerous → exclamation in triangle between two shapes

🌀 Uncertainty Discomfort → swirling lines around head

🧠✅ Normal Brain Response → brain with checkmark

Meaning: Cognitive dissonance is a normal protective reflex, not a flaw.

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4. EARLY WARNING SIGNALS

💢 Tight Chest → chest icon with pressure lines

🔥 Emotional Spike → flame near head

🗣️⚡ Urge to Argue → jagged speech bubble

🧱 Mental Block → brick wall in front of head

🎯❗ Sudden Certainty → target snapping into place

🚶↩️ Avoidance → figure turning away

Meaning: These signals show the brain is protecting itself.

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5. SAFE UPDATE LOOP

STEP 1 — 👁 NOTICE

Icon: Eye + tension lines

Meaning: “I feel the signal.”

STEP 2 — 🧠🏷 NAME

Icon: Brain + label tag

Meaning: “My brain is protecting me.”

STEP 3 — 🔀➡ NAVIGATE

Icon: Two paths → merging into one

Meaning: “Try a neutral alternative pattern.”

This 3-step loop is the core of CDN-01.

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6. PATTERN UPDATE SANDBOX

All examples are neutral, non-personal, non-ideological:

🌧 → 💧 Rain → wet ground

🔥 → 📏 Heat → expansion

⚙️ → ⚙️ Gear → turns other gear

🌱 → 🌿 Seed → plant

🪨 ⬇️ Rock → falls downward

Purpose: Practice updating patterns in safe, non-identity contexts.

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7. IDENTITY SEPARATION RULE

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Self-icon separate from toolbox of beliefs

“You are not your beliefs.

Beliefs are tools. Tools can be upgraded.”

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8. ANTI-MANIPULATION SHIELD

🚨 Fear → alarm symbol

⏳ Urgency → hourglass

🧍↔️🧍 Us vs Them → divided figures

🎭 False Certainty → mask snapping into place

📢 Loud Repetition → megaphone

🔒🧍 Identity Threat → lock over self-icon

Countermeasure:

Apply the 3-step Safe Update Loop (👁 NOTICE → 🧠🏷 NAME → 🔀➡ NAVIGATE).

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9. MICRO-GLOSSARY

🔷 Pattern → way something works

⚡ Signal → body/mind alert

🔄 Update → try new pattern

🌱 Calm → clear, steady state

🧍 Identity → "me" separate from tools

🛡 Safety → no threat present

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10. ANTI-CAPTURE FOOTER

🚫 No ideology

🚫 No authority

🚫 No ownership

🚫 No required belief

🌍 Universal

🧩 Optional

🕵 Anonymous

🔷 Pattern-first

🤝 Human-safe

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11. MODULE SUMMARY

CDN-01 teaches people to:

- Recognize internal conflict early
- Stay calm during contradictions
- Separate identity from beliefs
- Update patterns safely
- Resist manipulation
- Reduce conflict and confusion
- Improve cooperation and clarity

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12. UBOM COMPLIANCE CHECKLIST

- ✅ Hybrid iconography
- ✅ Zero-text compatibility
- ✅ Low-literacy design
- ✅ Neutral, non-ideological framing
- ✅ Anti-capture safeguards
- ✅ Pattern Logic alignment
- ✅ MVCA compatibility
- ✅ Master page structure
- ✅ Modular, field-ready layout

- ✅ No psychological jargon
- ✅ No identity triggers
- ✅ Universal applicability